








Placentia-Yorba Linda Unified School District Elementary Breakfast Menu January 2017

Prices & Ala Carte	
Student Breakfast.....	\$1.50
Milk.....	\$0.50
Capri Sun (100% Juice).....	\$0.50

⌘ = Contains Pork
 ♯ = Meatless Entree

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Breakfast Entrée Option: Cereal & Cheese Stick				
	3 Pan Dulce ♯ Fruit & Juice Milk	4 Sunny Side Up Sandwich (Egg, Turkey- Ham & Cheese) Fruit & Juice Milk	5 Mini Whole Grain Powdered Donuts ♯ Fruit & Juice Milk	6 Chorizo & Egg Burrito ⌘ Fruit & Juice Milk
9 Mini Waffles ♯ Fruit & Juice Milk	10 Sunrise Sandwich (Sausage & Cheese) ⌘ Fruit & Juice Milk	11 Cinnamon & Cream Glazed Roll ♯ Fruit & Juice Milk	12 Bean & Cheese Breakfast Burrito ♯ Fruit & Juice Milk	13 Warm Bagel w/Cream Cheese ♯ Fruit & Juice Milk
	17 Pan Dulce ♯ Fruit & Juice Milk	18 Breakfast Quesadilla ♯ Fruit & Juice Milk	19 Jumbo Breakfast Muffin ♯ Fruit & Juice Milk	20 ♯ Breakfast Cheese Pizza Bagel Fruit & Juice Milk 
23 Lemon Loaf ♯ Fruit & Juice Milk 	24 Mini Chocolate Chip Pancakes ♯ Fruit & Juice Milk	 25 Egg & Cheese Pita Pocket ♯ Fruit & Juice Milk	26 Yogurt & Granola ♯ Fruit & Juice Milk	27 Warm Bagel w/Cream Cheese ♯ Fruit & Juice Milk
30 French Toast ♯ Fruit & Juice Milk	31 Sunny Side Up Sandwich (Egg, Turkey- Ham & Cheese) Fruit & Juice Milk	1 Pan Dulce ♯ Fruit & Juice Milk	2 Egg, Sausage & Cheese Breakfast Burrito ⌘ Fruit & Juice Milk	3 Mini Whole Grain Powdered Donuts ♯ Fruit & Juice Milk

Importance of Breakfast


Research confirms that
breakfast
is the most important meal
of the day .

Without Breakfast ...

- Lack of concentration
- Difficulty paying attention
- Short temper
- Increased illness

**Eat A Healthy Breakfast
Feel awake with more energy**

Don't forget to take and eat
your Fruit, and drink your
milk!





This institution is an equal opportunity provider—Menus Subject to Change

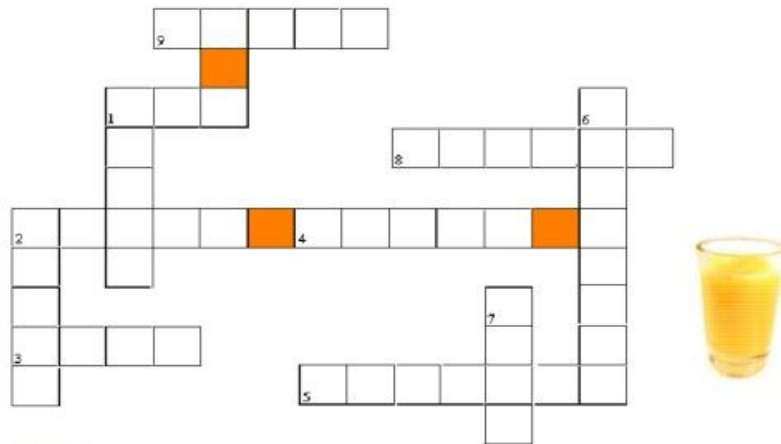
Happy New year!

englishforeveryone.org

Name _____
Date _____

Crossword Puzzle – Breakfast Foods

Directions: Use the clues below to fill in the crossword puzzle with the correct words.



Across:

1. A type of fruit spread.
2. _____ and eggs.
3. These come from a chicken, served any way you like.
4. sliced, browned bread
5. Similar to pancakes, but these do not have smooth sides
6. This breakfast food is eaten with milk from a bowl.
9. A sweet sauce poured on top of waffles and pancakes.

Down:

1. This drink is made from squeezed or blended fruit.
2. A doughnut-shaped roll.
6. Light baked butter cakes that are cooked in a pan.
7. This drink comes from cows. It is high in calcium.

EVERY STUDENT HAS A PIN....

Even if you do not eat in the Cafeteria,
YOU have a special PIN.
It is special for every student.

What is your Meal PIN?

HINT: It is the same as your computer number.

(write your PIN here)

Learn your PIN and get through the Lunch Line Faster.

